Magical Safety & Best Practices Lab Sheet

2025 Vers.

In the process of magical and spiritual pursuits, practical safety measures and best practices are often not considered or neglected. For the safety of practitioners and safe ease of practice for practitioners, this list has been compiled and adapted from various science lab safety standards and best practices. This list is for basic safety procedures, and practice specific procedures may need to be adapted to fit the needs and circumstances of individual practitioners. Some of these rules may not be applicable for all workings (for example: fire safety procedure is negligible when fire is not involved) but these rules seemed relevant.

In an attempt to be as inclusive and welcoming of the most groups of spiritual/religious practices as possible, anyone who engages in magic or other spiritual/religious endeavors will be referred as practitioner(s) in this text. For similar reasons all spells, rituals, crafting, events, and other applicable magical/spiritual/religious activities will be referred to as working(s).

<u>* = if applicable</u>

- ☐ **Obtain and wear appropriate PPE and safety attire.** This includes but is not limited to: closed-toed shoes, weather/environment appropriate clothing, goggles*, oven mitts/heat gloves*, and gloves*. Long hair and flowy/loose clothing must be pulled back and secured from entanglement, potential capture, catching on fire, or touching chemicals. Try to avoid wearing jewelry if it is liable to cause injury.
- ☐ **Obtain, prepare, and organize safety items.** These should include a sufficient first aid kit, EpiPen*, fire extinguisher or other flame extinguishing materials (sand, water, etc)*, phones/communication devices should be available and functional. All of these items should be checked regularly and up-kept.
- ☐ **Store your materials appropriately.** All containers should be whole and suitable to their respective materials and all materials should be stored in ways that are suitable to avoid any damage or degradation. Containers should be checked periodically for damage and materials should be stored in a way that is organized and easy to find/access.
  - ☐ **Check your crystals/stones/minerals for what they can or cannot be exposed to.** Certain crystals/stones/minerals specifically should not be exposed to different

environments/materials (sunlight, water, and salt are typical issues) depending on their chemical composition.

- ☐ **Keep sanitary tools and materials.** If you work with any tools or objects regularly in your practice, make sure they are cleaned regularly and kept in sanitary conditions. This will both keep your supplies clean and that regular cleaning and upkeep will allow your tools to last longer.
- ☐ **Be aware of all allergens or other hazardous materials.** Any hazardous/poisonous plants, allergens, or other hazardous materials to you or others should be marked and used safely/appropriately.
- ☐ **Have a plan for the working.** Have a general plan and schedule for your working (this is especially important if it is time/date specific)**.** Plan scheduled breaks within the working as needed and incorporate ways to shut the working down if necessary. Make sure all involved know the plan and protocol for the working.
- ☐ **Evaluate your working for any and all safety risks.** Some workings do not pose any significant safety risks and do not require risk mitigation protocols while others require far more involved mitigation protocols/procedure.
- ☐ **Work in a well-ventilated area and otherwise appropriate area that can be contained and kept safe.** For example, private property (that you are allowed on/own) for group/solitary workings, areas that are not liable to be interrupted by unaffiliated parties and are otherwise safe (i.e don't work in a crossroads that are located on a freeway), and/or an area that can be contained so as not to negatively impact broader areas (i.e. don't do a bonfire when your area is at high fire risk) are ideal.
- ☐ **Establish emergency exits and emergency protocol.** If you are working in a secondary location (i.e. not your home or associate's home*) make sure to have at least one emergency plan of action. Everyone involved in the working should be aware of and knowledgeable of these emergency protocols and exits.
- ☐ **Make sure your working is appropriate for your desired time and location by checking local conditions and checking in with local authorities* about conditions.** This is mainly about fire risk conditions, weather forecasts, and outdoor conditions. If the local natural conditions won't allow for a working to continue safely, DO NOT DO IT!

- ☐ **Have contacts for your local emergency services available as well.** Poison Control, Emergency line (such as 911 or your area's equivalent), Fire department, etc in case of need for emergency service.

☐ **If you are planning on a long or involved working, prepare appropriate drinks and snacks/food for all involved.** This is mainly to keep energy and blood sugar at good levels. You can incorporate these within the working (or not) and consume these snacks either during or after the ritual, but plan to have them at some point. These foods/drinks should also not be consumed where they could be contaminated and should be safe to eat for all involved. Everyone involved should know where these food/drinks are located.

☐ **Prepare your area of work before beginning your working.** If the area can be closed off or otherwise prepared for safety do so now. Establish a trash/waste collection point (sharps bin included*), set out your materials and place all safety and emergency gear where everything is easily accessible and identifiable. Everyone involved should know where everything is located.

☐ **If using needles or other sharp single-use objects, establish a sharps bin.** While all trash should be collected and disposed of properly, for your safety and the safety of others establish an appropriate collection point for those sharp objects.

- ☐ **On a related note: all single-use sharp objects and needles should only be used once, and then immediately disposed of in the dedicated sharps bin.** Only use medical needles and single-use sharp objects for one single application, then discard. They should not be reused or used on more than 1 person.

☐ **If you keep a dedicated work area, keep that area clean, organized, and tidy.** Work altars and other working areas that are dedicated to your practice can often get cluttered/messy from being in regular use.

☐ **Practice good fire safety.** Use heat safe/fire safe plates or mats for burning candles, ensure candles are not around anything that could catch fire, establish safe spaces for fires, burn incense/other substances in appropriate burners. Anyone wearing acrylic nails should not be allowed to work with matches, lighted splints, lighters, etc. due to the risk of the acrylic catching fire.

- ☐ **Cover crystal balls with fabric when not in use.** Crystal balls can focus and direct natural light into specific spots causing burns and risking potential fire.

☐ **Living things involved in the working (either tangentially or directly) should not be subjected to unnecessary stress, pain, or distress.** Many domesticated animals or animals kept as pets can be harmed when coming into contact with different substances/materials (lilies for example are toxic to cats and dogs). Some workings may cause situations or setups that are distressing or uncomfortable (or even pose harm) to animals/plants, and in such cases those animals/plants should be removed from the general area of the working or the working should be done away from them.

☐ **Biological materials should be harvested safely and responsibly. The sources of that material should not be subjected to unnecessary pain, stress, or distress.** Any animal/human integument (hair/fur, feathers, nail/claw samples, scales, teeth, etc) or any other biological material should be harvested safely, hygienically, and ethically. If taking cuttings from plants/fungi make sure to use sanitized tools and take samples in ways that will not harm the plant/fungi longterm.

☐ **Prepare all materials and have them accessible in your area.** This should include any and all safety items and necessary materials to your working. All participants should be informed of and aware of the location of these materials.

☐ **Avoid skin and eye contact with chemicals.** Especially chemicals like essential oils (even properly diluted ones) or other potentially painful or harmful chemicals. Any substances to be used on the skin or ingested should be skin safe/edible and cosmetic or food grade depending on application.

☐ **Do not run with sharp objects.**

☐ **Use objects and materials appropriately and safely.** Every object and material has appropriate uses and uses that are hazardous or otherwise inappropriate. Essential oils for example, should be properly diluted and never ingested. Glass tools should only be used in certain temperatures or else they could break/melt. Some stones can leach hazardous chemicals or crack/ be otherwise damaged when exposed to water/other liquids. Use your supplies appropriately for your own safety.

☐ **Do not eat out of your magical equipment/objects.** There is nuance to this, but as a rule keep objects used in your practice that have come in contact with or that typically

hold non-edible or hazardous materials and items you can eat off of or that are used in food preparation separated.

- ☐ **If any intoxicants or mind-altering substances are going to be consumed, ensure that those substances are safe to consume and that there is someone that is able to remain sober for that part of the working.** This includes alcohol and recreational drugs. This does not apply to any prescribed medication that is being taken as prescribed. Those taking prescription medications should not partake in intoxicants/substances if their medications contraindicate those substances or will otherwise interact negatively with those substances.Those who have other health conditions that prohibit them from partaking in those substances (such as pregnancy, prior addiction, or other health conditions) should not partake in those substances. Those who wish to abstain from taking those substances should also not partake. At least one participant should stay sober to act as a trip sitter, designated driver, or otherwise administer help to those partaking.
- ☐ **Check materials of workings for any potential health impacts (to yourself or anyone/anything else in the general area of the working).** Some relatively harmless materials are harmful to those with certain medical conditions or those who are taking certain medications. For example: essential oils can have harmful effects to people who are pregnant/nursing, people with chronic lung conditions, people who have high blood pressure, people who have epilepsy, those taking certain medications (particularly blood thinners), infants and young children, and those with sensitive skin or a history of skin allergies/conditions. Other materials may interact with medications negatively or some participants may have allergies. Check with all participants for any potential health impacts.
- ☐ **If sexual activity or sexual contact is a part of the working, relevant safe sex practices should be observed and informed consent should be given from all relevant parties.**
- ☐ **Should an accident or injury happen during the working, inform all involved and treat the injury appropriately.** All members should have knowledge of the location of the first aid kit and how to administer treatment from it.

- ☐ **If anything from the ritual is to be left outside or in nature, make sure it is biodegradable, naturally sourced, and/or is otherwise safe to leave in nature.** Salt will negatively impact plant life and there are many safe things that can be left in nature (stones/minerals, egg shells, organic materials, bones, shells, etc.). Man-made materials should be collected and brought back with you. Do. Not. Litter!
  - ☐ **This also applies to outdoor offerings.**
- ☐ **Follow your plan for your working.** Inform anyone else involved of any necessary changes of plan and stop/end the working early if necessary.
- ☐ **Take any and all scheduled breaks.** This is to keep energy stable and prevent exhaustion/tiredness.
- ☐ **If you give offerings of food/drinks/or other materials that can spoil/decay/rot, have a plan to remove or otherwise dispose of those offerings before they spoil/decay/rot.** Rotten/spoiled food and the accompanying mold/bacteria are potential health risks that should be avoided. Choose offerings that take a long time to spoil (dry goods, candy, dried flowers, or dehydrated fruits are some examples) or have a time limit for offerings that have short shelf lives. Food that is left out or spoiled also carries the potential to attract unwanted pests, and should be dealt with for that reason as well.
- ☐ **Clean up and dispose of all trash/waste appropriately after your working is completed.** Recycle if possible but otherwise collect all trash and dispose of it.